



## **Photodynamic Therapy (PDT) Patient Instructions**

**If your face and/or scalp are being treated, bring a large floppy hat to wear home.  
Please Wear a long-sleeved shirt if your arms are to be treated.**

### **Treatment Step 1: Application of Levulan Kerastick Topical Solution**

- Your skin will be washed with a solvent to remove oil and dirt to ensure even absorption of the Levulan.
- Levulan, a topical agent, will be uniformly applied to the treatment area.

### **Treatment Step 2: BLU-U Blue Light Treatment.**

- You will likely experience some stinging or burning during or shortly after your treatment, this will subside within 24 hours.

### **After treatment**

- After the procedure, go home and take it easy.
  - **Strict sun and fluorescent lights avoidance are recommended for at least 36 hours after treatment.**
  - **If you choose to go to work after PDT, please make sure you don't have fluorescent lights at work as it will intensify the process.**
  - Redness, scaling, and slight swelling are common symptoms immediately following treatment. During the next 24-48 hours, swelling continues and redness may increase. Itching and mild to moderate pain may occur as well.
  - During days 2-7, symptoms of flakiness, crusting, and rarely blistering is possible. This period is often described as an intense sunburn-like reaction.
  - Healing has occurred when redness and scaling are no longer present (generally 7-10 days).
  - Longer pigmentation changes (increase or decrease of color) may occur in 1% of patients with most resolving in one month. Scarring and permanent pigment changes are extremely rare.
  - You may purchase Biafine Cream from The Esthetics store on the 1<sup>st</sup> floor. Use 2-3 times daily after treatment to help soothe minor skin irritation s/p PDT.
- Plan to have more than one procedure. **Most patients require 2-3 treatments for total clearance of the precancerous lesions.**
- It is Patient responsibility to check with insurance to verify coverage, the treatment code is 96567, the medication code is J7308 for Levulan Kerastick and the diagnosis code is L57.0 Actinic Keratoses.

**\*Please note: Insurance does not cover multiple locations to be treated in the same visit.**